

## 2010 – Health Events and Classes

### WEIGHT MANAGEMENT

#### **Fast and Forever... Achieving and Maintaining Your Ideal Body Weight**

This 2-phase program promotes significant weight loss and teaches the necessary skills to maintain the weight loss.

- Concord Hospital Center for Health Promotion, Concord, NH: 603-230-7300

#### **Losing Weight Through Hypnosis**

Enjoy eating smaller amounts and make good, healthy food choices a way of life to reduce your weight.

- University Hypnosis Center, Amherst, MA: 413-549-4645

#### **Release Pounds**

Learn to eat less of the foods you like without dieting by training to use your mind to stop overeating and snacking.

- New England Hypnosis Institute, Springfield, MA: 413-737-5434

#### **Weight Loss Program/Weigh Less Nutrition**

A program that focuses on nutrition guidelines, behavior modification techniques, and much more.

- New England Sinai Hospital, Stoughton, MA: 781-297-1387

#### **Weight Management Program**

A comprehensive program of diet, exercise, and aggressive approaches for lifestyle changes necessary for losing weight and improving your health.

- Boston Medical Center, Nutrition & Weight Management Center, Boston, MA: 617-638-7470

#### **Weight Management**

Award-winning weight loss and weight management maintenance program. Medical supervision available.

- The HMR Program for Weight Management™, Newton 617-965-1273, Braintree 781-848-7088, Natick 508-651-0810, Norwood 781-255-0662, Boston 617-421-6018, Derry, NH 603-537-3033

#### **Weight Reduction**

Registered, licensed dietitians will help participants identify the causes of their weight problem and formulate an individualized healthy plan of action.

- Elliot Hospital, Manchester, NH: 603-663-2521

#### **Youth Weigh Less Program**

A six-week program for youths to learn about nutrition and how to lose weight.

- New England Sinai Hospital Diabetes Center, Stoughton, MA: 781-297-1331

### NUTRITION

#### **First Line Therapy**

Learn how to make lifestyle changes that are the first line of therapy in combating Heart Disease, Diabetes, and weight issues. Registered, licensed dietitians teach this 12-week program.

- Elliot Hospital, Manchester, NH: 603-663-2521

### **Heart Healthy Eating**

Led by a Registered Dietitian this program teaches you the types of food you should be eating not just the foods to avoid.

- Cape Cod Healthcare, MA: 877-729-7200

### **Healthy Eating for Life for Women**

Group Classes on healthy eating for women. Learn life-long habits that support your health while managing your weight. These classes are taught by a Certified Holistic Health Counselor.

- Wellness and You, Westwood, west Roxbury, MA: 508-359-6804

### **Heart Healthy Nutrition**

This course teaches participants how to select heart healthy foods and the effect of foods on the cardiovascular system.

- Avis Goodwin Community Health Center, Dover, NH: 603-749-2346 X201

### **Nutrition Counseling**

One-on-one counseling for weight management, specific health problems, disease prevention, and general well-being.

- Natick Holistic Therapies, Natick, MA: 508-875-3735

### **Nutrition and the Immune System**

People recovering from cancer or other chronic health problems can learn how to enhance their immune system through nutrition.

- Natick Holistic Therapies, Natick, MA: 508-875-3735

### **Nutrition and Women at Midlife**

Information and support program to help reduce symptoms of perimenopause and the risk of osteoporosis, heart disease and cancer.

- Natick Holistic Therapies, Natick, MA: 508-875-3735

### **Supermarket Shopping**

This aisle-by-aisle supermarket tour, led by a Registered Dietitian, teaches you how to make informed decisions about the food you buy for yourself and your family.

- Cape Cod Healthcare, MA: 877-729-7200

### **You and Your Gastrointestinal (GI) Tract**

Nutritional approaches to promote GI health for those with irritable bowel, colitis, gas, bloating, constipation, and diarrhea.

- Natick Holistic Therapies, Natick, MA: 508-875-3735

## **SMOKING AND SUBSTANCE ABUSE**

### **Freedom from Smoking**

A behavior change program designed to help adults through the quitting process.

- American Lung Association of New Hampshire, Bedford, NH: 800-835-8647
- Avis Goodwin Community Health Center, Dover, NH: 603-749-2346 X201
- Catholic Medical Center, Manchester, NH: 603-626-2626

### **FreshStart Tobacco Cessation**

This program provides, education, and resources for adults wanting to quit smoking.

- Weeks Medical Center, Lancaster, NH: 603-788-4911 X3130

### **Kick Butts**

This 6-week 1.5 hr class will discuss and work on planning for change, what to expect when you quit smoking, making a plan for quitting and how to put that plan into action. The class will also discuss and work on behavioral changes that will improve your chances for success as you quit smoking.

- Cape Cod Healthcare, MA: 877-729-7200

### **Hypnosis For Smoking Cessation**

Hypnosis is a powerful technique that fine tunes your attention and impacts positively on your goal to be smoke free. For reinforcement, a 40-minute CD is given daily for home use.

- Catholic Medical Center, Manchester, NH: 603-626-2626

### **Quitting for Life**

This free 3 part series offers a more detailed approach to the quitting process, including information on nicotine replacement products, nutrition and relaxation ideas, motivators to quit, and more.

- Southern New Hampshire Medical Center, Nashua, NH: 603-577-2658

### **Smoking Cessation Group**

This 8-session program will teach participants the tools needed to assist them in quitting smoking successfully.

- Harvard Vanguard Medical Associates, West Roxbury and South Shore Medical Center-Norwell MA: 877-439-5465

### **Smoking Cessation**

If you are motivated to stop smoking and are willing to make behavioral changes, you can do it through hypnosis.

- New England Hypnosis Institute, Springfield, MA: 413-737-5434

### **Stop Smoking**

In three sessions you can stop smoking, control urges and cravings, & enjoy fresh, clean air for life.

- University Hypnosis Center, Amherst, MA: 413-549-4645

### **Try-to-Stop Tobacco**

Free telephone counseling services, quit tips and information are available to smokers who are trying to quit. Translation services are available.

- Try-to-Stop Tobacco Resource Center, MA, NH: 800-879-8678 and in ME: 800-207-1230. Also available at [www.trytostop.org](http://www.trytostop.org)

## **SUPPORT GROUPS**

### **Alzheimer's Caregivers Support Group**

A support group for the families of those with Alzheimer's Disease, which provides educational and emotional support.

- Cooley Dickinson Hospital, Northampton, MA: 413-582-2511
- New England Sinai Alzheimer's Center, Stoughton, MA: 781-297-1369

### **Amputee Support Group**

A support and educational group for amputees.

- Braintree Rehabilitation Hospital, Braintree, MA: 781-348-2250
- New England Sinai Hospital, Stoughton, MA: 781-297-1130

### **Aphasia Support Group**

For people with aphasia and their caregivers to assist with the challenges of communication.

- Braintree Rehabilitation Hospital, Braintree, MA: 781-848-5353

### **Asthma and Allergy Support Group**

Educational programs and support groups meet at sites throughout Massachusetts, with guest speakers on asthma, food allergies, and other topics.

- Asthma & Allergy Foundation of America, New England Chapter, Needham, MA: 781-444-7778

### **Beyond Birth**

A weekly support group for parents with babies up to 4 months of age. Meet other parents, share stories, and ask questions about anything related to babies and being a parent.

- Cooley Dickinson Hospital, Northampton, MA: 413-582-2736

### **Brain Injury Support Group**

A survivor-oriented group sponsored by the Massachusetts Brain Injury Association.

- New England Sinai Hospital and Rehabilitation Center, Stoughton, MA: 781-297-1130

### **Brain Injury Support Group**

A group focusing on open discussion for support, education, and recreation for survivors of neurological injuries and their family members.

- Braintree Rehabilitation Hospital at Plymouth, Plymouth, MA: 508-747-4720

### **Brain Tumor Support Group**

This self help and shared experience support group is for patients and families affected by brain tumors.

- Maine Medical Center, Portland, ME: 207-662-4527

### **Breast Cancer Support Group**

This group is for women who have had or who are currently in treatment for breast cancer.

- Addison Gilbert Hospital, Gloucester, MA: 978-283-4000 x403
- Ben Franklin Center at Franklin Memorial Hospital, Farmington, ME: 207-778-6031
- Beverly Hospital, Beverly, MA: 978-238-1850
- Southern New Hampshire Medical Center, Nashua, NH: 603-577-2658
- The Center for Cancer Support and Education, Arlington, MA: 781-648-0312

### **Breast Feeding Support Group**

Support group for breastfeeding mothers facilitated by trained breastfeeding peer counselors and lactation specialists.

- The Memorial Hospital, North Conway, NH: 603-356-5461

### **Cancer Support Group**

Weekly and monthly support groups for people with cancer and their families.

- Addison Gilbert Hospital, Gloucester, MA: 978-283-4000 x403
- Ben Franklin Center at Franklin Memorial Hospital, Farmington, ME: 207-778-6031
- Cooley Dickinson Hospital, Northampton, MA: 413-582-2028
- Martha's Vineyard Hebrew Center, Martha Vineyard, MA: 508-627-7958
- The Center for Cancer Support and Education, Arlington, MA: 781-648-0312
- The Wellness Community, Newton, MA: 617-332-1919

### **Caregivers Support Group**

This support group is for friends and family who care for and support any person.

- Cooley Dickinson Hospital, Northampton, MA: 413-582-2503
- New England Sinai Hospital, Stoughton, MA: 781-344-8882
- The Center for Cancer Support and Education, Arlington, MA: 781-648-0312

### **Depression and Bipolar Support Group**

This education and peer support group is open to anyone with depressive or manic-depressive disorders.

- DBSA-Attleboro, MA: 508-222-7525 x407

### **Diabetes Support Group**

Monthly, day and evening, support groups for people with Diabetes.

- New England Sinai Hospital Diabetes Center, Stoughton, MA: 781-297-1385
- Southern New Hampshire Medical Center, Nashua, NH: 603-577-2255
- Winchester Hospital Community Health Institute, Woburn, MA: 781-756-4700

### **Grief and Loss**

Learn the stages of grief and loss and how to develop your coping skills.

- Avis Goodwin Community Health Center, Dover, NH: 603-749-2346 x201

### **Headache Support Group**

This support group allows those suffering from headache disorders to discuss and share their experiences as well as offering education and information.

- Cooley Dickinson Hospital, Northampton, MA: 413-268-7265

### **HOPE Group**

Support for individuals and families who have experienced miscarriage, stillbirth or neonatal death.

- Winchester Hospital Community Health Institute, Woburn, MA: 781-756-4700

### **Kids Count Too!/Cancer Support Group**

Monthly activity program for children ages 6-12 who has a parent with cancer

- The Wellness Community, Newton, MA: 617-332-1919

### **Melanoma Support Group**

Group is open to all individuals who have been diagnosed with melanoma.

- Beverly Hospital, Beverly, MA: 978-922-3000 x2710

### **Mother's Support Group**

Discussions in this group will include: postpartum recovery, parenting, relationships, breastfeeding/weaning, back to work/staying at home and child development.

- Southern New Hampshire Medical Center, Nashua, NH: 603-577-2255

### **Overeaters Anonymous**

Do you suspect that food rules your life? Overeaters Anonymous may be the answer for you. It is not a diet club, rather it is a fellowship of people recovering from compulsive eating.

- Cooley Dickinson Hospital, Northampton, MA: 413-783-4198

### **Parkinson's Support Group**

Support group for persons with Parkinson's disease. Program may include guest speakers.

- New England Sinai Hospital and Rehabilitation Center, Stoughton, MA: 781-297-1130

### **Prostate Cancer Support Group**

This group is for men with prostate cancer and their families.

- Beverly Hospital, Beverly, MA: 978-236-1650
- Southern New Hampshire Medical Center, Nashua, NH: 603-289-2104
- Winchester Hospital Community Health Institute, Woburn, MA: 781-756-4700

### **Stroke Support Group**

This monthly support group helps stroke survivors using speakers and open discussion on stroke recovery and prevention.

- Cooley Dickinson Hospital, Northampton, MA: 413-582-2345

### **Young Stroke/Brain Injury Support Group**

Provides supportive environment for young adults who have experienced a stroke or brain injury; caregivers welcome.

- Braintree Rehabilitation Hospital, Braintree, MA: 781-348-2296

## **SPECIAL MEDICAL PROGRAMS**

### **Adult Asthma Education**

What you need to know to improve control of your Asthma: identifying triggers, proper use of a peak flow meter and inhaler, medication and treatments and ways to prevent episodes.

- Harvard Vanguard Medical Associates, Wellesley, MA: 1-877-439-5465

### **Arthritis Foundations' Self Help Course**

This course will help individuals with Arthritis take a more active role in their care. Studies have shown that being involved in the care of your Arthritis will have less pain and will, exercise and relax more.

- Cooley Dickinson Hospital, Northampton, MA: 413-582-2534

### **Caring for your Heart**

This monthly educational program is focused on those living with a heart condition, high blood pressure, or high cholesterol.

- Cooley Dickinson Hospital, Northampton, MA: 413-582-2404

### **Chronic Disease Management**

A seminar that discusses coping with Diabetes, COPD, Cardio Vascular Disease, Asthma, and other chronic conditions.

- Avis Goodwin Community Health Center, Dover, NH: 603-749-2346 X201

### **COPD Education**

This group will present an overview of the illness, a review of medications, spirometry (breathing test), nutritional needs and exercise techniques.

- Harvard Vanguard Medical Associates, Braintree, Chelmsford, Kenmore, Medford, Peabody, Quincy and Wellesley, MA: 877-439-5465

### **Depression**

Learn how to recognize the symptoms of depression and access treatment options available.

- Avis Goodwin Community Health Center, Dover, NH: 603-749-2346 x201

### **Diabetes Self Management**

A four week program taught by certified Diabetes educators to learn how to manage your Diabetes.

- New England Sinai Hospital Diabetes Center, Stoughton, MA: 781-297-1385

### **Insulin Pumpers**

This group is for individuals who wear an insulin pump or are interested in learning about insulin pump therapy.

- Winchester Hospital Community Health Institute, Woburn, MA: 781-396-6437

### **Living with Diabetes**

This 4-week, 2-hour class for people with diabetes and supportive others, covers physiology, medical care, oral medication and insulin, blood glucose monitoring, hypo- and hyperglycemia, nutrition, exercise, eye and foot care, sick day care, self management skills, goal setting and behavior change.

- Harvard Vanguard Medical Associates, Braintree, Kenmore, Peabody, and Wellesley, MA: 877-439-5465

### **Living With Heart Failure: A Self-Management Program**

There are many steps you can take to manage your symptoms and still live a full and active life. This self-management series identifies concrete steps you can take to manage or improve your condition.

- Catholic Medical Center, Manchester, NH: 603-626-2626

### **SMART Program**

A three day comprehensive Diabetes education and management program instructed by the staff of the New England Sinai Hospital Diabetes Center.

- New England Sinai Hospital Diabetes Center, Stoughton, MA: 781-297-1385

## **PARENTING**

### **Babysitting And Beyond**

This 2 day course offers children ages 11-15 an opportunity to develop the skills necessary to be safe and qualified.

- Catholic Medical Center, Manchester, NH: 603-626-2626

### **Basic Babysitter Training**

Sessions include first aid, choke saving, fire prevention and safety instructions for 11 to 15 year olds.

- Safety and First Aid Education, Inc. Wilmington, Billerica, Tewksbury, Lowell, Chelmsford, Dracut, Littleton and Acton/Boxborough, MA: 978-703-1113

### **Basic Babysitter Training**

This course will cover basic childcare skills, general first aid, and safety in emergency situations.

- Harvard Vanguard Medical Associates, Braintree and Wellesley, MA: 877-439-5465

### **Breastfeeding Class**

Addresses nursing positions, common problems, breast pumping, weaning, returning to work and sexuality during breastfeeding.

- Harvard Vanguard Medical Associates, Burlington, Cambridge, Copley, Kenmore, Quincy, Watertown, Wellesley and West Roxbury, MA: 877-439-5465

### **Breastfeeding Clinic**

Provides basic information, support, as well as help with positioning and techniques.

- Cooley Dickinson Hospital, Northampton, MA: 413-582-2096

### **Caring for Your Newborn**

Class for expectant parents on routine care of infants and managing common problems.

- Harvard Vanguard Medical Associates, Braintree, Burlington, Cambridge, Kenmore and Wellesley, MA: 877-439-5465

### **Home Alone**

For children who are home alone for short periods of time - includes telephone answering, door answering, accident and fire prevention and first aid techniques.

- Harvard Vanguard Medical Associates, Braintree and Wellesley, MA: 877-439-5465

### **Infant and Child CPR**

Teaches adults CPR techniques to recognize and provide care for infants and children, ages one to eight, experiencing respiratory and cardiac emergencies.

- Harvard Vanguard Medical Associates, Braintree, Burlington, Chelmsford, Somerville and Wellesley, MA: 877-439-5465
- Healthcare Educational Resources, Bridgewater, MA: 508-697-5800
- Health Ed of New England, Hyannis, Kingston, Weymouth, MA: 800-434-6000
- Safety and First Aid Education, Inc., Wilmington, Billerica, Tewksbury, Lowell, Dracut, Littleton, and Acton/Boxborough, MA: 978-703-1113

### **Infant and Child First Aid**

Covers first aid procedures and safety issues to help children of different ages.

- Harvard Vanguard Medical Associates, Wellesley, MA: 877-439-5465
- Healthcare Educational Resources, Bridgewater, MA: 508-697-5800
- Health Ed of New England, Kingston, MA: 800-434-6000
- Safety and First Aid Education, Inc., Wilmington, Billerica, Tewksbury, Lowell, Dracut, Littleton, and Acton/Boxborough, MA: 978-703-1113

### **Infant Massage**

Infant massage incorporates nurturing touch, massage, and reflexology in a loving, fun, one-on-one interaction that is nourishment for baby's healthy development.

- Parkland Medical Center, Derry, NH: 603-421-2039

### **Life with Baby**

This popular new parents' group is designed to present parenting and health information in a relaxed, friendly atmosphere. Mother, babies and their families' welcome

- Parkland Medical Center, Derry, NH: 603-421-2039

### **Mommy and Me Infant Yoga**

Enhance your physical and mental well-being while bonding with your baby and other moms.

- Holistic Pathways, Gorham, ME: 207-839-7192

### **Nursing Mother's Group**

Facilitated by a Certified Lactation Consultant we welcome moms and babies to bring their questions on breastfeeding and being a new mom.

- Winchester Hospital Community Health Institute, Woburn, MA: 781-756-4788

### **Safe Sitter**

Course covers basic childcare skills, general first aid, and emergency situations. Designed for 11-13 year olds.

- Weeks Medical Center, Lancaster, NH: 603-788-5277

## **REPRODUCTION AND CHILDBIRTH**

### **Childbirth One Day**

This intensive one-day class includes information and support for planning your birth.

- Parkland Medical Center, Derry, NH: 603-421-2039

### **Expecting Twins or More**

This class is designed for parents expecting twins or more. It focuses on the unique physical and emotional demands of a multiple pregnancy, including:

- Harvard Vanguard Medical Associates, Somerville, MA: 877-439-5465

### **Expecting your First Baby**

Classes for expecting parents focusing on getting ready for labor and birth, comfort measures, cesarean birth and infant care basics.

- Parkland Medical Center, Derry, NH: 603-421-2039

### **Fertility, the Natural Way**

A woman's body communicates the best time to achieve or avoid pregnancy with a variety of biological signs. Learn to recognize these signs and their relationship to fertility.

- Catholic Medical Center, Manchester, NH: 603-626-2626

### **Hypnobirthing**

This class will focus on another choice of childbirth preparation.

- Harvard Vanguard Medical Associates, Braintree and Wellesley, MA: 877-439-5465
- Parkland Medical Center, Derry, NH: 603-421-2039

### **Menopause Moments**

This program will help women better understand the symptoms and changes their bodies are experiencing during menopause.

- Parkland Medical Center, Derry, NH: 603-421-2039

### **Natural Childbirth Class**

This class is for expectant parents who are interested in preparing for an unmedicated childbirth.

- Harvard Vanguard Medical Associates, Wellesley, MA: 877-439-5465

### **Prenatal Yoga**

This course enables students to be as comfortable as possible during pregnancy. Additionally, students become stronger, more fit and more prepared for the big day!

- South End Yoga, Boston, MA: 617-869-4310
- Harvard Vanguard Medical Associates, Burlington, Quincy, Somerville, and Wellesley, MA: 877-439-5465
- Holistic Pathways, Gorham, ME: 207-839-7192

### **Prepared Childbirth Class**

For first time parents-to-be, learn how to prepare for labor, delivery and postpartum. Patterned breathing and relaxation activities are included.

- Harvard Vanguard Medical Associates, Braintree, Burlington, Cambridge, Dedham, Kenmore, Wellesley, and Weymouth Woods, MA: 877-439-5465

### **Refresher Childbirth Class**

Labor, delivery and postpartum issues for couples who have previously attended a prepared childbirth class.

- Harvard Vanguard Medical Associates, Wellesley, MA: 877-439-5465



## **FITNESS**

### **Aqua**

A total-body, non-impact workout where participants can strengthen muscles, increase flexibility and improve cardiovascular fitness.

- Atlantis Sports Clubs, Hyannis, MA: 508-862-2535

### **Basic Strength Training**

A gentle exercise program designed to offer a safe way to maintain muscle elasticity, increase flexibility, strength, and range of motion.

- Health-Link, Maine Coast Memorial Hospital, Ellsworth, ME: 207-667-2474

### **Beginner Strength Training**

Strength Training is an important component in any exercise workout. It increases strength, flexibility, and balance. Using hand and ankle weights you will be proud to improve your overall fitness.

- Catholic Medical Center, Manchester, NH: 603-626-2626

### **Cardio Splash**

The perfect class for all levels of fitness. Combines cardiovascular conditioning with low end & deep water training, A creative and fun approach to teaching makes this a class favorite!

- Atlantis Sports Clubs, Hyannis, MA: 508-862-2535

### **Diabetes and Exercise**

A six week supervised exercise program for people with Diabetes. Meets two mornings a week for one hour.

- New England Sinai Hospital Diabetes Center, Stoughton, MA: 781-297-1385

### **Get Strong-Get Healthy**

Exercise program includes stretching, aerobic warm-up and upper and lower strength training with weights, cool-down with yoga movements.

- Health-Link, Maine Coast Memorial Hospital, Ellsworth, ME: 207-667-2474

### **Line Dancing**

This stimulating, weight-bearing activity provides the same benefits as low-impact aerobics.

- Health-Link, Maine Coast Memorial Hospital, Ellsworth, ME: 207-667-2474

### **Pilates for Basic Back Care**

This class will experience increased body awareness and inner strength to sustain correct posture and alignment for every day activities.

- The Anahata Yoga Center, Northampton, MA: 413-587-3177

### **Pelvic Floor Program**

Safe & effective exercises, information, & tips for women, on how to improve problems with urine leakage, frequency, & prolapsed pelvic organs.

- Chiropractic HealthCare, Natick, MA: 781-235-1712

### **Walking Program**

This 1-hour class is a simple way to boost your activity every day. Pedometer and strap are provided.

- Cape Cod Healthcare, MA: 877-729-7200

## **HEALTH AND SAFETY**

### **American Heart Association CPR Training**

AHA CPR training for Family and Friends and AHA Heartsaver with AED program.

- Parkland Medical Center, Derry, NH: 603-421-2039

## **Adult CPR**

This course teaches recognizing and treating breathing, choking, strokes and cardiac emergencies (CPR) in adults and children.

- Healthcare Educational Resources, Bridgewater, MA: 508-697-5800
- Health Ed of New England, Hyannis, Kingston, Weymouth, MA: 800-434-6000
- Safety and First Aid Education, Inc., Wilmington, Billerica, Tewksbury, Lowell, Chelmsford, Dracut, Littleton and Acton, MA: 978-924-1981

## **Basic First Aid**

In this certification class, you'll learn to recognize and treat common medical emergencies such as burns, bleeding, fractures, and shock.

- Healthcare Educational Resources, Bridgewater, MA: 508-697-5800
- Health Ed of New England, Kingston, MA: 800-434-6000

## **CPR for Health Care Providers**

This course provides healthcare professionals with the knowledge and skills to recognize and provide care in respiratory and cardiac emergencies, using the latest CPR and emergency cardiac care guidelines.

- Healthcare Educational Resources, Bridgewater, MA: 508-697-5800
- Health Ed of New England, Hyannis, Kingston, Weymouth, MA: 800-434-6000
- Safety and First Aid Education, Inc., Wilmington, Billerica, Tewksbury, Lowell, Chelmsford, Dracut, Littleton and Action/Boxborough, MA: 978-924-1981

## **MIND/BODY**

### **Anxiety and Panic**

Learn how to dissolve the feelings of panic and anxiety with a proven method that has worked for over 2000 years.

- New England Hypnosis Institute, Springfield, MA: 413-737-5434

### **Basic Swedish Massage**

Learn basic Swedish massage to promote relaxation and overall wellbeing.

- Wellbeing Therapeutics, Watertown, MA: 617-879-3280

### **Boabom: Meditation in Movement**

An ancient Tibetan art combining relaxation, breathing, self-healing, meditation, and movement.

- The Boston School of Boabom, Brookline, MA: 617-852-8077

### **Classic Yoga**

Highly trained/certified instructors teach all levels & abilities, a very therapeutic & authentic style of yoga, using props & precise alignment to bring greater awareness.

- Portland Yoga Studio, Portland, ME: 207-799-0054

### **Family Yoga**

Experience the joy of yoga as a family!

- Holistic Pathways, Gorham, ME: 207-839-7192

### **Kripalu YOGA**

Perfect for the beginner or continuing student, focusing on breath, relaxation and self-acceptance, taught by experienced, registered yoga teachers.

- The YogaConnection, Plymouth, MA: 508-746-4446

### **Massage**

Massage therapy uses a variety of techniques to help a client relax and heal.

- Maha Yoga Center, Bridgewater, MA: 508-697-3273

### **Meditation**

This class offers a unique approach to meditation guiding one through the areas of our body, mind, and soul that need our attention.

- Mark Evans Acupuncture, Berlin, NH: 603-752-3800

### **Qi Gong for Arthritis**

Special Qi Gong exercise designed for relief of arthritis pain and inflammation, restore joints flexibility, promotes circulation, immune function and healing.

- New England School of Tai Chi, Holliston, MA: 508-429-3895

### **Relaxation for the Mind and Body**

This program will give you practical tips to use today to help you relax, slow down and laugh.

- Cape Cod Healthcare, MA: 877-729-7200

### **Reiki**

A very ancient method of healing with a natural flow of energy that seeks to help find balance and harmony in the body-mind-spirit. Learn to give Reiki healing energy to assist others (and yourself!) on a wellness journey.

- Holistic Pathways, Gorham, ME: 207-839-7192

### **Reiki**

A gentle yet profound method of promoting health and healing that allows and encourages relaxation, well-being and balance. It is safe for everyone and is often used as a complementary therapy.

- Compass Rose Healing Art, Londonderry, NH: 603-432-1488

### **Reiki Training**

Attune to Reiki level 1 for healing yourself and others. Learn techniques to build this healing energy in your life.

- Center for Yoga & Healing, Inc., Framingham, MA: 508-620-9642

### **Reiki Training**

Students learn basic hand positions and methods for both self-treatment and treatment of family and friends. NHNA ceu's and credits are offered.

- Compass Rose Healing Art, Londonderry, NH: 603-432-1488

### **Reiki Training for Nurses & Caregivers**

Learn this ancient form of hands-on healing to care for yourself and others. Classes with ceu's are offered monthly by a Reiki Master.

- Wellness and You, Westwood, West Roxbury, MA: 508-359-6804

### **Stress Management**

Stressors are a reality of life, whether the roots are economic, career, family or health-related. Learn how to recognize the effects of stress and develop techniques to more healthfully respond. This is a 3 group sessions class that includes discussion and experiential exercises.

- Wellness and You, Westwood, West Roxbury, MA: 508-359-6804

### **Stress Management**

Learn how to identify stressors and how to manage the stressful events in your life. Stress management and intervention will be emphasized.

- Avis Goodwin Community Health Center, Dover, NH: 603-749-2346 X201

### **Stress Reduction Using the Alexander Technique**

People contract in response to pain and stress, and with the Alexander Technique, people learn self-empowerment skills through hands on work.

- Healing Well Studio, Medfield, MA: 508-359-9355

### **Svaroopaa Yoga**

A precise and compassionate yoga practice that is designed to release the core tensions in your body.

- The Yoga Collaborative of Westborough, Westborough, MA: 508-341-6424

## **T'ai Chi**

T'ai Chi is a mind/body exercise that provides great health benefits, improves energy, immune function and quality of life.

- Health-Link, Maine Coast Memorial Hospital, Ellsworth, ME: 207-667-2474

## **T'ai Chi for Everyone**

Modern simplified T'ai Chi choreographed in 9-move modules for easy and fun learning, better balance, stronger stamina, and calmer mind.

- HolliBalance Well-being Center, West Roxbury, MA: 617-697-7765

## **T'ai Chi /Qi Gong and Cancer**

Weekly T'ai Chi and Qi Gong classes for people with cancer and cancer survivors.

- The Wellness Community, Newton, MA: 617-332-1919

## **Therapeutic Touch**

Accelerates healing, promoting relaxation and a sense of comfort and well-being. It works to renew energy and vitality, assisting to reestablish the order in the system.

- Holistic Pathways, Gorham, ME: 207-839-7192

## **Yoga**

- Catholic Medical Center, Manchester, NH: 603-626-2626
- Center for Yoga & Healing, Inc., Framingham, MA: 508-620-9642
- Holistic Pathways, Gorham, ME: 207-839-7192
- Maha Yoga Center, Bridgewater, MA: 508-697-3273
- Sacred Circle of Yoga, Vineyard Haven, MA: 1-508-696-4513
- South End Yoga, Boston, MA: 617-236-0071
- Yoga Center of Cape Cod, East Dennis, MA: 508-385-8034

## **Yoga for Arthritis**

Taught by a certified Kripalu Yoga teacher learn to decrease pain through deep, gentle stretching and breathwork.

- South End Yoga, Boston, MA: 617-236-0071

## **Yoga and Cancer**

Weekly Yoga classes for people with cancer and cancer survivors.

- The Wellness Community, Newton, MA: 617-332-1919

## **Yoga/Pilates**

Stretch & strengthen your entire body. Improve posture & minimize back & neck pain. Pilates mat & apparatus sessions. Yoga & Prenatal classes.

- Pilates Power Studio, Easton, MA: 508-230-9799

## **YOGA Therapy**

A one-hour private yoga therapy session that uses the principles of Svaroopaa Yoga to create a profound release in your body.

- The Yoga Collaborative of Westborough, Westborough, MA: 508-341-6424